



Family and Consumer Newsletter

YADKIN COUNTY CENTER



Winter Happenings Around Yadkin County

February 2014

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Contact Us

North Carolina
Cooperative Extension
Yadkin County Center
PO Box 97
Yadkinville NC 27055
336.679.2061 (ph)
336.679.3088 (fax)



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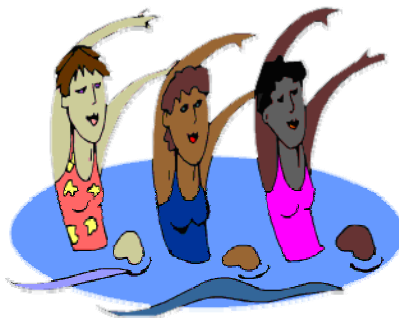
Exercise for Arthritis Pain



With cold weather, many people seem to be bothered more with arthritis pain. Thinking of exercise, with more pain and discomfort, may seem like the last thing you want to do. But research proves that a little workout can provide some long term benefits for your joints.

Arthritis is a term that covers nearly 100 conditions involving joint inflammation. Osteoarthritis comes over time from the wear and tear on joints but rheumatoid arthritis comes from the body's own immune system attacking the cells within the joints. Dr. John Fitzgerald, a rheumatologist from the University of California, says exercise is a key to improving the quality of life for the arthritis patient. "The more muscle you put around a joint, the more support you give it, meaning there's less work the joint has to do. More muscle helps build stability and prevent falls" says Dr. Fitzgerald.

Exercise should begin with your doctors advice and supervised by a physical therapist or experienced trainer. The main types of arthritis exercises are those that focus on strength and range of motion. Watch for your body signals during and after exercise. Start slowly and gradually build up your endurance. Any pain that lasts for more than 2 hours after exercising is a signal to reduce the time or discontinue the exercise. Break up a 30 minute walk into 3-10 minutes walks until you have built up a greater endurance. Patients with wrist and hand problems may find that squeezing a rubber ball or a lump of clay will help with strength improvement. Flexibility exercises are necessary to prevent shoulders from stiffening up. For knees and hips, water exercises place less strain on joints and help prevent falls. Talk with your doctor about ways to increase your activities and learn more by contacting the Arthritis Foundation (www.arthritis.org).



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Pets and Health



The American Health Association published research on the latest evidence that pets are good for health. Research found associations between pet ownership and lower blood pressure, heart rate, and blood cholesterol. Dog owners get more physical activity and are less likely to be overweight or to smoke, which improves cardiovascular health. Among those with cardiovascular disease, patients owning a dog proved to have lower mortality rates than those who didn't own a dog. Not only can pets improve the quality of their owner's lives but they may also help them live longer.

It is estimated that 60% of American households own at least one pet. Pets enhance emotional and psychological well-being. Research in the Journal of Personality and Social Psychology found that pets didn't replace relationships with humans, but rather complemented them. Pet owners had higher self esteem, and were less likely to suffer from loneliness and stress. Research has proven that children that are raised with pets (especially dogs) and on farms are less likely to develop respiratory and ear infections, allergies and asthma. Children exposed to animals early in life may have stronger immune systems.

If you are considering getting a pet, remember that they are expensive and time consuming as well as sometimes messy or destructive. The American Heart Association warns you not to get a pet solely for heart health. If you don't have the desire or resources for pet ownership, you can volunteer at the local animal shelter or Humane Society. A pet is not medicine but it can bring joy and companionship to many people's lives.



TIPS AND TIDBITS

- Processed foods can supply up to 80% of the sodium consumed and can be a greater worry than the salt shaker.
- Listening to music that brings back happy memories can change the lives of dementia patients, according to recent research.
- Greek or regular yogurt? Regular yogurt is a good source of protein and Greek has a higher amount of protein but is lower in calcium than regular yogurt.
- Americans eat 16 billion quarts of popcorn each year, according to the Popcorn Board, a nonprofit group funded by popcorn processors.



For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.



MAGNESIUM FOR THE HEART



Since February is heart awareness month, take time to evaluate your dietary intake for the important mineral magnesium. A Harvard study has linked higher dietary intakes of the mineral magnesium to a reduced risk of heart attacks. They advise consuming foods high in magnesium such as leafy greens, whole grains, nuts, beans, seeds, and fish. These foods also contain nutrients and phytochemicals that help to protect the cardiovascular system. Always choose a variety for foods for optimum health!



Taste of Yadkin Fundraiser

The ECA are selling tickets for the 2nd annual "Taste of Yadkin" restaurant gift certificates fundraiser. All proceeds will go to camp scholarships and other 4-H programs. The drawing will be held on April 1, 2014 in the Extension Kitchen. For tickets contact an ECA member or call 679-2061. We appreciate your support!



Increase Your Fiber Intake

Most Americans only get half of the necessary fiber in their diets! Fiber is one of those necessary nutrients to help our bodies run smoothly. New research points to not only a healthy digestive system with fiber intake but also a healthier immune system. A person needs between 25 and 38 grams of fiber each day. Some of the ways you can increase your amount of fiber are the following:

1. Eat whole fruits rather than just drinking juice, adding 8 grams of fiber.
2. Beans of all types are loaded with fiber and contain between 6-8 grams.
3. Choosing a fiber rich cereal is a matter of reading labels. You can add up to 8 grams per serving with a whole grain cereal.
4. Choose whole grain breads to add 3 grams of fiber per slice.
5. Substitute whole wheat pastas instead of regular pastas.
6. Sweet potatoes have more fiber than white potatoes.
7. All berries are good sources adding 8 grams of fiber per cup.
8. Snacking on popcorn can add up to 5 grams of fiber to your diet.

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RECIPES

Honey-Baked Chicken – This simple to prepare dish is similar to barbecued chicken but healthier and less expensive.

3 lb. boneless, skinless chicken breasts
 1 T. olive oil
 ½ c. low-sodium soy sauce
 2 T. ketchup
 ½ c. honey
 Salt and pepper to taste



Preheat oven to 375 degrees. Place chicken in a rectangular baking dish that has been coated with cooking spray. In a bowl, mix together oil, soy sauce, ketchup, honey, salt and pepper. Pour over the chicken. Bake in preheated oven for 60 min. or until the chicken juice is clear and the sauce is caramelized.

Roasted Cauliflower – Why not roast this veggie side while the chicken is cooking?

1 large head cauliflower
 2 T. olive oil
 1 t. dried marjoram
 ¼ t. salt
 Pepper to taste
 2 T. balsamic vinegar
 ½ c. finely shredded Parmesan cheese



Preheat oven to 375 degrees. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven 10 to 15 minutes more and roast until the cheese is melted and the cauliflower is tender.



We need your help!

Due to the high cost of supplies and postage, we need to limit our newsletters to only those who wish to receive them. If you would like to continue to receive the Family and Consumer Newsletter, please contact our office at 679-2061 to ensure that your name and address is left on the list. Also, please notify us if your address changes. Thank you.

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Marilyn C. Wells

Marilyn C. Wells
 Extension Agent
 Family & Consumer Sciences